

Breast Augmentation Recovery

After breast augmentation, we hope to help you to return to your normal activities and exercise quickly. Nonetheless, performing strenuous activity too early could lead to significant complications, such as bleeding. For this reason, Dr. Weniger recommends the following guidelines in returning to your preoperative level of activity.

- 5-7 days postop: Evaluate the breast to determine if you need to do breast implant massages or need the breast strap. If implant massages were taught to you then do your massages 10 times each direction shown, 3 times a day. If you need the breast strap you need to wear it 24/7. Exercise is limited to slow walking only (to minimize bouncing).
- 2-3 weeks postop: Remove Steri Strips and start silicone base scar cream (brands like silagen or biocorneum to name a few). May begin stationary bike and continue slow walking for longer distances (no bouncing). May begin lower body and abs activities with the arms crossed.
- 3 weeks postop: May swim, take a bath, and otherwise submerge incisions for a short period of time. May begin stair-climber machines. Good support with the Victoria Secret Knock out Bra.
- 4 weeks postop: May begin running, elliptical runner, jogging, and other aerobic activities with the Victoria Secret Knock out Bra.
- 6 weeks postop: Begin unrestricted activity. Includes pushups, bench-press, and other activities using pectoralis major muscles. You may notice that use of the pectoralis muscles feels different than before surgery.
At 6 weeks, patients need to STOP wearing sports bras and begin wearing **UNDERWIRE BRA with PUSH UP** for support or other bras with good lifting support. Using a bra with good support at all times while awake will help maintain good results long into the future, and will prevent stretching of the breasts due to the weight of the implants.

If you have pain with an activity at any stage of advancement, postpone that activity for another week. If you re-try it after a week and still have discomfort, please call our office to discuss the issue at 843-757-0123.

Remember that our goal at Weniger Plastic Surgery is to give you the best possible plastic surgery experience. If we can be of any assistance to you, never hesitate to call us.